Thank you for taking the time to view Believe Simple knee compression sleeves for running, hiking, basketball, football, cycling, and other indoor & outdoor sports that involve a huge amount of stress on the knees. What's more, it also applies to minor knee pains, including arthritis, swelling, tendonitis, meniscus tear, soreness, stiffness.

Our knee is an important supporting structure of the human body and vulnerable to damage, therefore we should pay attention to the protection of the knee joint. Normally, knee pain can be the result of overuse or excessive jarring without enough healing time or from traumatic injury to the ligaments or meniscus.

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←MEASURE 3 INCHES ABOVE KNEE

SIZE	CM CENTIMETERS	IN INCHES
S/M	30.5cm-42cm	12" -16.5"
L	33cm-46cm	13" -18"

←MEASURE 4 INCHES ABOVE KNEE

SIZE	CM CENTIMETERS	IN INCHES
M	36cm-41cm	14" -16"
L	41cm-48cm	16" -19"
XL	48cm-56cm	19" -22"

Attention

The knee straps fit 12"-18"

The knee sleeves fit 14"-22"

Quick buying advice for knee sleeves

We advise you to buy a larger size if you are at the upper limit.
If you're between sizes, choose the lower size for extra compression and the upper size for reduced compression.
Due to the individual difference in leg shapes, BMI, degree of tightness tolerance, and other factors, please order it according to your practical conditions.

Have it, no worries!

Go up and down stairs without any burden

Prevent knee pain from long periods of running

Relieve discomfort of the knee while playing ball

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How to wear?

Why Knee compression sleeves a Must-Have?

3D knitting technology, avoid additional strain while enabling you a soothing compression.

Full range of wrapping around your knee, Highly effective in reducing buffer role resulting from exercises to protect your knee from damage.

Light and breathable fabric enable you a full range of motion without unpleasant odour.

Universal for men and women.

Tips

The package contains a pair of knee sleeves

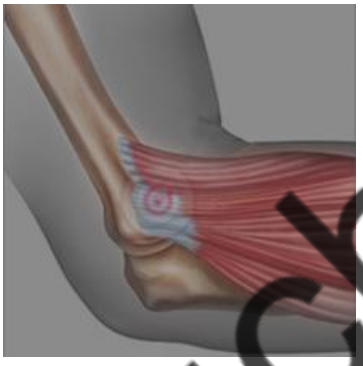
In order to maintain the elasticity, air dry

If you are suffering from a serious knee disease, consult your doctor before use.

In the beginning, we would like a one-size-fits-all design, but it doesn't seem to work well when our models are tested in a real-life situation for several weeks by people in need. Everyone has different endurance in a degree of tightness, so we have made them in 3 sizes (M, L, XL) to meet a broad range of users with different requirements. Our knee sleeves are sold as a pair of two providing a full range of protection for your knees.

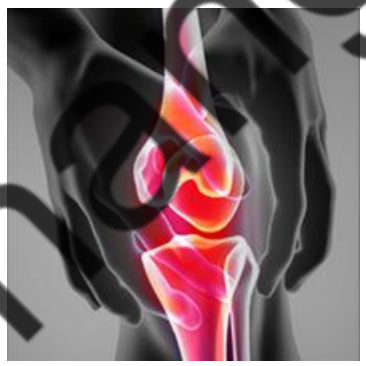
Patella Strain

Sports protection- when exercising muscles cramp due to a lack of protection in the knee area.



Ligament Strain

Muscle strain- high-intensity exercises cause muscle strain by accident.



Joint Strain

Soothing wrap- provide proper pressure to your knees while reducing the chance of getting hurt.

Tendon Injury

Pain, twisting, swelling, irritations or chronic injuries knee injuries, stiff or sore muscles & joints, scratches on the skin of the knee.

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